

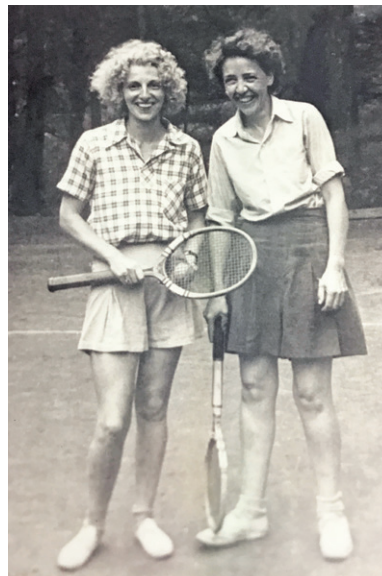


## Tolles Parsons Center

500 Washington Street  
Wellesley, MA 02482

781-235-3961  
[wellesleycoa.org](http://wellesleycoa.org)

## History of the Tolles Parsons Center



Billie Tolles (left) with  
Dr. Evelyn Parsons (right)

The Tolles Parsons Center (TPC) was a dream that Mary Esther Tolles, “Billie”, and her cousin Evelyn Parsons, M.D both shared. Billie gave a most generous bequest that launched the initiative for a dedicated free-standing senior center in the Town of Wellesley. The TPC stands on the former site of the American Legion Post 72. The citizens of Wellesley honor the generous donation of the original Legion land to the Town which allowed the TPC to become a reality. The TPC opened in October 2017.



## Mission Statement

The **MISSION** of the Wellesley Council on Aging (COA) is to serve as the primary resource for residents over the age of 60; to empower individuals to reach their goals; to offer comprehensive programs, services, and assistance that optimize quality of life; and to enable meaningful connections and collaborations that inspire a spirit of community across the generations in our town.



**WELLESLEY**  
COUNCIL *on* AGING

## Tolles Parsons Center

### Hours of Operation

**Monday–Friday, 9:00 a.m.–4:00 p.m.**

The COA occasionally schedules events and/or trips outside of normal business hours.

781-235-3961  
[wellesleycoa.org](http://wellesleycoa.org)

[facebook.com/WellesleyCOA](https://facebook.com/WellesleyCOA)

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## Transportation

Telephone: 781-235-3046

Email: [drive@wellesleyma.gov](mailto:drive@wellesleyma.gov)

The COA Bus service and Volunteer Drivers program provide transportation to Wellesley seniors (age 60+). Rides are provided within Wellesley and to surrounding towns. Our Transportation Coordinators will assist you with your transportation needs. Requests must be made at least three business days in advance and are accepted up to one month in advance. Donations to support the transportation program are welcomed.

## COA Bus

- 12 passenger / 2 wheelchair lift equipped bus
- Drivers are employed by the COA
- Monday through Friday, 8:45 a.m. – 3:30 p.m.
- Rides for medical appointments, social engagements, shopping, and more
- Weekly group grocery shopping at Roche Bros. and Whole Foods
- Monthly group shopping trip to Natick Mall and/or other destinations

## Volunteer Drivers Program

- COA volunteers provide rides using their own vehicles
- Rides provided 24 hours/day, 7 days/week (based on volunteer availability)
- Rides for medical appointments, social engagements, shopping, and more



## Building Friendships at the Tolles Parsons Center

We invite you to join your fellow residents in a variety of programs that reflect your interests including health & wellness, educational seminars & workshops, lunches, games, entertaining performances, and day trips to interesting and educational destinations. Drop in to the Mary Bowers Café to socialize with friends over a cup of coffee or tea. In the cooler months, enjoy reading the newspaper in front of the fireplace in the lounge and on warmer days, relax on the outdoor patio. Join a game of pool or cribbage in the Pelczar Game Room or make time for a workout in the fitness room. The Tolles Parsons Center is a welcoming place for all!



## Schedule of Programs & Events

Detailed program and event information can be found in the COA's bi-monthly newsletter which is available online at: [wellesleycoa.org](http://wellesleycoa.org)



### COA OFFERINGS

#### Social & Recreational

- Musical Performances
- Play Reading
- Day Trips
- Dining Outings
- Parties & Celebrations
- Intergenerational Events
- Cribbage
- Bridge
- Scrabble
- Pool Tables
- Outdoor Games
- Bingo
- Mah Jong
- Sewing & Knitting
- Fine Arts
- Crafts

#### Health & Wellness

- Yoga
- Chair Yoga
- Strength & Balance
- Cardio Classes
- Walking Groups
- Tai Chi
- Zumba
- Qi Gong
- Water Aerobics  
*(in partnership with Longfellow Health Club)*
- Fitness equipment  
*(requires membership)*

#### Educational

- Language classes
- Lifelong learning seminars
- Evening & Weekend lecture series
- Book Discussion Groups
- Current events
- Photography Club
- Writing Classes
- Investment Forums
- Technology Clubs

**And More!**

#### Volunteer Opportunities

There are many ways to enrich your life and the lives of others by volunteering with the COA.



#### Examples include:

- Driving seniors
- Planning special events
- Serving meals
- Taking photos
- Facilitating classes
- Shoveling or raking for seniors
- Carrying groceries for seniors
- Posting event flyers
- Providing office assistance
- Sharing musical talents
- Joining the Friends of Wellesley COA



## Lunch Program

Our catered lunches provide diners with an opportunity to enjoy a delicious meal while socializing with friends. The cost is \$4.00 and reservations can be made by calling the COA at 781-235-3961 (please make your reservations by 9:30 a.m. the day prior). Menus are available at the TPC or on our website: [wellesleycoa.org](http://wellesleycoa.org)

The senior lunch program is generously subsidized by the Friends of Wellesley Council on Aging.

## Outreach

The Council on Aging employs a Health and Social Services Administrator who is available to provide information and assistance on a wide variety of topics such as:

- Housing options
- Financial assistance
- In-home services
- Caregiver support
- Fuel assistance
- Property tax relief
- Nutrition assistance



The Health and Social Services Administrator is available for home or office consultations with seniors and/or family members

## SHINE (Serving the Health Insurance Needs of Everyone)

Free health insurance information, assistance, and counseling provided to Medicare beneficiaries and their caregivers. Call the COA to make an appointment with a SHINE Counselor 781-235-3961.